

Six Very Difficult Words to Say

Why is it so hard to utter those six little words, “I am sorry, please forgive me?” Some believe that if we get in the habit of saying these words, we are showing weakness. Before we can answer the question, we have to probe into what caused the problem in the first place because each situation could hold a variety of different circumstances leading to a variety of different feelings and responses. According to the internet when a person says they are sorry it can be perceived as a threat to their self-image and ego. It also said that to apologize might lead to feelings of shame or a sense of being a “bad” person. Or how about this, if you have a fragile sense of self-worth, you may not be able to handle the emotions and ill effects that come after apologizing.

Before I checked the internet’s answer, I was thinking that not being able to say you are sorry is very definitely tied into a person’s ego. By saying the words, “I am sorry” a person is in essence admitting that they did something that was out of line or hurtful and that is too much to stomach. There are millions and millions of people on the earth that are too fragile to handle the emotions that this admission might stir up. People do not want to open themselves up to this type of emotional disruption. It is just too much for them to step down off one’s pedestal and become humble in spirit. Jesus knew what humility was. He emptied Himself completely allowing Himself to be humiliated out of His love for us. He went to the cross for you and me.

We had a neighbor growing up who said that she never apologized to anyone. She was a very hard-shelled person and never really was able to have a relaxed conversation because she was so worried about keeping her ego going strong. I remember when we were kids after having a fight of some kind with a brother, my mom always made us apologize to each other. I think it helped me to learn to say the words. It was also good when I witnessed my parents apologize to each other and it usually ended in them kissing and making up.

When a person doesn’t ever apologize and ask for forgiveness, they run the risk of becoming filled with self-importance and arrogance that they never do anything wrong. On the contrary, when a person apologizes for everything, it doesn’t seem authentic. So there is a bit of a fine line there to work through. One thing is for certain, no one is perfect and so we had better all learn to apologize at least once in a while. It’s just plain good for the soul.

When a person apologizes and asks for forgiveness, I think we have a responsibility to say those words, “I forgive you” and mean it. Jesus said in I John 1; *that if we confess our sins, then the Lord will be faithful and just to forgive us our sins and to cleanse us from all unrighteousness.* The two seem to go hand in hand. I guess we better learn to say, “I’m sorry I was wrong and that’s okay, I forgive you.” If we learned to do this, the world would be a much better place to live and work in. Our churches, our marriages, our parenting or whatever we are involved in would become loving again and we would probably smile a whole lot more because we weren’t so full of ourselves. We should all give it a ttry.

Until next week, God bless!